

**October  
2017**



**HANOVER AREA  
ELEMENTARY LUNCH MENU**

**What is a Meal?**  
You must choose at least 3 of the 5 components available for the school lunch price.  
**Minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch**  
Meat or meat alternate  
Choice of Vegetable  
Choice of Fruit  
Grain/Bread  
Choice of Milk - 1% white, and fat-free chocolate

**Weekly Vegetable Subgroups May Include:**  
**Dark green** - spinach, broccoli, romaine and spring salad  
**Red/Orange** - carrots, sweet potatoes, tomatoes, red peppers  
**Beans/Peas**  
**Starchy** - white potatoes, corn, and lima beans  
**Other Vegetables:** celery sticks, cucumbers, cauliflower, green peppers, green beans and cabbage

**Daily Fruit Selection May Include:**  
oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

**Daily Entree Options may include:**  
**PB&J Sandwich**



Adult Lunch \$3.70

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**Monday**

**2**

Chicken Nuggets w/ bread  
or  
Hot Dog on a bun

**Featured Veggies:**  
Green Beans  
Baby Carrots  
Choice of Fruit  
Choice of Milk

**Tuesday**

**3**

Pierogi meal  
or  
BBQ Rib on a bun

**Featured Veggies:**  
Glazed Carrots  
Garden Salad  
Choice of Fruit  
Choice of Milk

**Wednesday**

**4**

Sweet & Sour Chicken over Rice  
or  
Chicken Patty on a bun

**Featured Veggies:**  
Steamed Broccoli  
Chick Pea Salad  
Choice of Fruit  
Choice of Milk

**Thursday**

**5**

Cheese Pizza

**Featured Veggies:**  
Steamed Peas  
Cucumber Slices  
Choice of Fruit  
Choice of Milk

**Friday**

**6**

**NO SCHOOL**

**9**

**NO SCHOOL**



**10**

Hot Ham & Cheese on a Pretzel Bun  
or  
Chicken Fajita

**Featured Veggies:**  
Mixed Vegetables  
Side Salad  
Choice of Fruit  
Choice of Milk

**11**

Macaroni & Cheese  
or  
Hamburger on a bun

**Featured Veggies:**  
Corn  
Carrot Sticks  
Choice of Fruit  
Choice of Milk

**12**

Popcorn Chicken w/bread  
or  
Pulled Pork on a bun

**Featured Veggies:**  
Oven Fries  
Cucumber Slices  
Choice of Fruit  
Choice of Milk

**13**

Italian Dunkers with dipping sauce  
or  
Cheesesteak Sub

**Featured Veggies:**  
Glazed Carrots  
Tomato Wedges  
Choice of Fruit  
Choice of Milk

**16**

Pasta with Meat Sauce served w/ bread  
or  
Chicken Patty on a bun

**Featured Veggies:**  
Green Beans  
Baby Carrots  
Choice of Fruit  
Choice of Milk

**17**

Asian Sesame Chicken over rice  
or  
Hot Dog on a bun

**Featured Veggies:**  
Steamed Peas  
Side Salad  
Choice of Fruit  
Choice of Milk

**18**

Chicken Mashed Potato Bowl  
or  
Turkey & Cheese Melt

**Featured Veggies:**  
Mashed Potatoes  
Corn  
Choice of Fruit  
Choice of Milk

**19**

Waffles and Sausage  
or  
Buffalo Chicken Dip served w/tortilla chips

**Featured Veggies:**  
Yellow Beans  
Celery Sticks  
Choice of Fruit  
Choice of Milk

**20**

Cheese Pizza  
or  
Sloppy Joe on a bun

**Featured Veggies:**  
Sweet Potatoes  
Sliced Cucumbers  
Choice of Fruit  
Choice of Milk

**23**

Cheeseburger on a bun  
or  
Hot Dog on a bun

**Featured Veggies:**  
Steamed Broccoli  
Baby Carrots  
Choice of Fruit  
Choice of Milk

**24**

Meatball Sub  
or  
Mini Corn Dog Nuggets

**Featured Veggies:**  
Baked Beans  
Side Salad  
Choice of Fruit  
Choice of Milk

**25**

Walking Taco w/dinner roll  
or  
Ham, Egg & Cheese on a Bagel

**Featured Veggies:**  
Corn  
Fresh Broccoli  
Choice of Fruit  
Choice of Milk

**26**

Toasted Cheese  
or  
Chicken & Cheese Quesadilla

**Featured Veggies:**  
Glazed Beans  
Cucumber Slices  
Choice of Fruit  
Choice of Milk

**27**

Cheese Pizza

**Featured Veggies:**  
Steamed Peas  
Tomato Wedges  
Choice of Fruit  
Choice of Milk

**30**

Chicken Alfredo over Pasta  
or  
Hamburger on a bun

**Featured Veggies:**  
Green Beans  
Baby Carrots  
Choice of Fruit  
Choice of Milk

**31**

Happy Halloween Beef & Mac w/ roll  
or  
Chicken Patty on a bun

**Featured Veggies:**  
Mixed Vegetables  
Cole Slaw  
Choice of Fruit  
Choice of Milk

**1**

Chicken Mashed Potato Bowl  
or  
Turkey & Cheese Sandwich

**Featured Veggies:**  
Mashed Potatoes  
Corn  
Choice of Fruit  
Choice of Milk

**2**

Chicken Fajita on a soft tortilla  
or  
Cheese Steak Sub

**Featured Veggies:**  
Yellow Beans  
Cucumber Slices  
Choice of Fruit  
Choice of Milk

**3**

Italian Dunkers with dipping sauce  
or  
Sloppy Joe on a bun

**Featured Veggies:**  
Ranchero Carrots  
Side Salad  
Choice of Fruit  
Choice of Milk